

Full Report (All Nutrients) 45243850, GOLD EMBLEM, GRANOLA BARS, GREEK YOGURT & BLUEBERRY, UPC: 050428440155

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer GOLD EMBLEM

Nutrient	Unit	Data points	Std. Error	1 BAR 35g	1 Value Per100 g
Proximates					
Total lipid (fat)	g	--	--	4.55	13.00
Carbohydrate, by difference	g	--	--	21.00	60.00
Fiber, total dietary	g	--	--	1.0	2.9
Minerals					
Calcium, Ca	mg	--	--	80	229
Iron, Fe	mg	--	--	1.08	3.09
Sodium, Na	mg	--	--	72	206
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	1.2	3.4
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	1.998	5.710
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

GRANOLA ROILED OATS, NEAT FLAB, CORN SYRUP, CANOLA AND/OR SOYBEAN OIL HONEY, MOLASSES, SALT, SOY LECITHIN - AN EMULSIFIER), GREEK YOGURT FAVORED COATING (SUGAR, PALM KERNEL AND/OR PALM OIL, DRY NOWT GREEK YOGURT, NONFAT DRY MILK, MILK PROTEIN CONCENTRATE, *Date Available: 05/18/2016 Date Last Updated by Company: 05/18/2016*